



More Meatless Days— Less Uric Acid

Meatless days will do as much to relieve sickness as to help Uncle Sam. Meat is a good food, but a heavy food, and only those who do hard work or get plenty of exercise can safely eat meat two or three times a day.

Too much meat loads the blood with excess uric acid, weakens the kidneys and causes backache, urinary disorders, rheumatic pains and nervous troubles. It puts you in danger of gravel, kidney stone or Bright's disease.

If your kidneys seem weak, change to a simple, light diet, and take **Doan's Kidney Pills**, the special kidney medicine so well recommended by your own townspeople.

Ogden Experiences:

Mrs. Wm. Berry, 225 30th St., says: "I can hardly describe the misery I endured from backache about a year ago. A heavy dull pain in the small of my back kept me miserable and I felt all out of sorts. As another of the family had used Doan's Kidney Pills with good results, I got a box and they soon removed the pains from my back and made me feel good in other ways. I can't say too much in praise of Doan's Kidney Pills."

G. H. Wheeler, 2021 Madison Ave., says: "I was troubled with weak kidneys which caused my back to ache severely. I couldn't sleep well and was restless. My kidneys acted frequently causing me to get up often during the night and the secretions were scanty and burned in passage. I also had severe pains in my back and head. Doan's Kidney Pills from McIntyre's Drug Store gave me prompt relief, relieving the pains from my back and head and making my kidneys normal."

DOAN'S KIDNEY PILLS

60c a Box at All Stores. Foster-Milburn Co., Buffalo, N.Y. Mfg. Chem.

Snappy Items of Sports News

VANCOUVER, B. C., March 16.—Seattle's Pacific coast hockey association team last night won the right to meet Ottawa's club in the world's hockey series by defeating the Vancouver team here 6 to 0, in the second and last game of the coast championship series. The coast championship was decided on the total number of points won by each team in the two games, Seattle having tallied seven to Vancouver's three.

SAN FRANCISCO, March 16.—Terms for a football game between Dartmouth and the Olympic club of this city, to be played here next New Year's day, have been accepted by H. A. Weinberger, graduate manager of Dartmouth. It was announced at the club yesterday.

MIAMI, Fla., March 16.—R. H. E. Cincinnati Nationals 2 4 3
New York Americans 1 6 2
Batteries—Ring, Luque and Wingo; Rariden; Mays, Thormahlen and Ruel.

PEORIA, Ill., March 16.—Joe Burmah, Chicago, scored a popular victory over "Kid" Herman of Peoria, in a 10 round no-decision bout last night. Burmah knocked Herman down in the second round with a left to the chin.

NEW YORK, March 16.—Joe Moore of Lake Placid won the mile race at the eastern indoor ice skating championships in Brooklyn last night.

NEW YORK, March 16.—Ed "Stran-

ONE WOMAN'S EXPERIENCE

Of Interest to Expectant Mothers

Goshen, Ind.—"I took Lydia E. Pinkham's Vegetable Compound and I had results after I had suffered for some time with female trouble. Some years ago I had twin boys and took your Vegetable Compound before they came, and before my four year old boy was born, and afterwards, and think it fine for such cases. I tell others what it did for me."

—Mrs. Geo. A. Poots, 711 S. 9th St., Goshen, Ind.

The experience of Motherhood is a trying one to most women and marks distinctly an epoch in their lives. Not only is a woman in a hundred prepared or understands how to properly care for herself. Every woman at this time should rely upon Lydia E. Pinkham's Vegetable Compound, a most valuable tonic and invigorator of the female organism.

In many homes once childless there are now children because of the fact that Lydia E. Pinkham's Vegetable Compound makes women normal, healthy and strong and this good old-fashioned root and herb remedy contains no narcotics or harmful drugs.

Open winter has not permitted the trapping of California mountain quail and for that reason, no birds of this variety will be shipped to the Mount Ogden game preserve this year. The birds are expected by fall.

Game census returns, compiled by R. H. Siddoway, state fish and game commissioner, indicates that 12,700 deer, 504 elk and 142 mountain sheep are in the mountains near Ogden. Predatory animals killed more game during the past season than hunters, he affirms. A general increase in the number of grouse, sage hens and other birds is noted. Big game is also increasing, his report states.

Call on J. J. Brummitt at 2417 Hudson avenue, if you want to sell your Liberty bonds. Phone 59.

High School Cadets Interested in Drill

That the attitude of Ogden High school students has changed materially since the arrival of Springfield rifle, is the report of Lieutenant Ronald Evers. He states that students who for some reason or other had been excused from drill, are now seeking entrance to the R. O. T. C. Colonel M. N. Falls is expected in Ogden Friday to inspect the R. O. T. C. unit.

A politician tells us that it all depends upon where the presidential boom is fired as to how much of an echo it will create.

HUNTSVILLE PROUD OF NON PROFITEERING PHYSICIAN

Several persons have come forward with announcement that there are non-profiteering landlords in Ogden and now Huntsville announces that the valley city has a non-profiteering physician. Dr. Shields, who brought three baby boys into the world for the price of one.

The triplets arrived at the home of Hyrum Jensen in Huntsville and mother and boys are doing remarkably well.

The boys have been named Willis, Willard and William. They weighed 6 pounds, 5½ pounds and 6 pounds respectively.

Since these are the first triplets on record in Huntsville, the community is mighty proud of the new additions to the population.

OGDEN EXIDE BATTERY DEALER WINS A LOVING CUP

Charles W. Iverson, Ogden distributor of Exide batteries, is proudly displaying a handsome silver cup which was awarded to him by the battery manufacturers for having sold the greatest number of Exide batteries in the Denver district.

Mr. Iverson was in competition with 56 distributors in Colorado, Utah, Wyoming, New Mexico, Texas and parts of Nebraska and South Dakota.

In order that distributors doing business in the larger cities would not have an advantage the number of automobiles in the territory served by each distributor was taken into consideration.

The cup was awarded to Mr. Iverson in connection with the annual reunion of Exide dealers of the Denver district in Denver ten days ago. At this reunion it was announced that the Denver district led all other districts in the number of sales so Mr. Iverson is the champion dealer in the champion district.

Commissioner Flygare Submits Annual Report

At the regular meeting of the city commissioner held last night Commissioner Chris Flygare submitted the report for the street department, 1919.

The report showed that of the amount of \$60,265, allowed by the 1919 budget, \$59,508.63 was expended during the year. The street labor payroll amounted to \$24,968.45, which included the outlay on extensive improvements. Sprinkling came to \$16,084.25; removal of ice and snow and leaves cost \$908; cleaning paving amounted to \$14,971.36, with \$11,100.87 going for repairing and maintenance of the streets.

The auditor's report for January was submitted and approved.

Horses for Troop B Consigned from Kansas

Thirty-two horses from Camp Funston, Kansas, are expected to arrive in Ogden today for the Utah National guard troop B at Ogden. State guard officers were informed some weeks ago that a shipment of horses would be made from Ft. Keogh, Mo.

Sergeant Edward D. Capron and a detail of men will be assigned to the horses permanently. The horses will be stabled at the large barn at the rear of the G. A. Love store on Washington avenue.

Ladies Band to Give a Concert in Huntsville

To add to the uniform fund, Ogden Ladies' band will give a concert and dance in Huntsville Friday evening. The concert will begin at 7:30 and will continue until 9 o'clock, when the dancing will commence. The dancing will continue until 11:30 o'clock, according to E. W. Nichols, the band conductor.

COLORED MEN—SO TO SPEAK!

A colored man, whose name is White, has got me out of whack;

For, while I know the man is White, I know that he is black.

—Luke McLuke

I've seen another curious sight,

And so, perhaps, have you;

I know a man who's always white,

And yet he's often blue.

—Newark Advocate

And there's another funny man,

He really is, I ween;

For while he's white from top to toe

He certainly is green.

—Detroit Free Press

Of costly books he owns a stack,

He even reads in bed;

And though I know his name is Black

He's certainly well-read.

COURT GRANTS RIGHT TO ADOPT LITTLE FARLEY TWINS

William and Marie Wadman were granted the right to adopt Marion and Marguerite Farley, twins, seven years of age, by Judge A. E. Pratt in the district court yesterday afternoon. At the hearing it was shown that the parents of the children were divorced and the mother to whom the children were given by the court, had deserted the children.

The leave for adoption was given by the Children's Aid society, into whose custody the children had been placed when they were deserted.

NEW BOOKS ON LIST AT CARNEGIE FREE LIBRARY

The following list of new books is now ready for circulation at the Carnegie Free Library:

Practical Books for Practical Men
Colvin—Toothmakers' Kinks.
Fairchild—Training for the Electric Railway Business.

Goodell—Location, Construction and Maintenance of Roads.
Halsey—Methods of Machine Shop Work.

Hartman—Machine Shop Practice.
Hirschfeld—Steam Power.
Marks—Gas and Oil Engines and Gas Producers.

Business
Bartholomew—Bookkeeping Exercises.
Galloway—Office Management.

Gowin—Occupations.
Harris—The Young Man and His Vocation.
Klein—Bookkeeping and Accounting.

Leffingwell—Making the Office Pay.
System—The Knack of Selling.
Agriculture

Lyon—Soils and Fertilizers.
McMahon—How These Farmers Succeeded.
North—The Farmers' Clean Milk Book.

Potter—Western Livestock Management.
Rankin—Manual of Tree Diseases.
Sears—Productive Orchard.

Washburn—Injurious Insects and Useful Birds.
Automobiles

Ford—Standard Electrical Equipment.
Fraser—Motor Vehicles.
Miscellaneous

Bigwood—Cotton.
Calley—Complete Courses in Civil Service.
Campbell—Oxy-acetylene Manual.

Collins—The Amateur Chemist.
Crussell—Jobbing Work for the Carpenter.
Condensed Chemical Dictionary.

Farrington—Practical Rabbit Keeping.
Hamilton—Electrical Welding.
Harrington—Essentials of Journalism.

Hayward—How to Become a Wire-less Operator.
Kissell—Yarn and Cloth Making.
McKee—The Gun Book.

Omerod—Wool.
Routzahn—A. B. B. of Exhibit Planning.
Stoddard—The Shop Committee.

Stone—Elements of Radioteleg-raphy.
Townsend—Carpentry.
Zeigler—Popular Oil Geology.

HE COULDN'T STRAIGHTEN UP

James Carman, Mayfield, Ky., writes: My back used to hurt me at times and I could not get straight for half an hour. I took Foley Kidney Pills and have not had the trouble since. I cannot say enough for them and their great work." Foley Kidney Pills help the kidneys do their work in ridding the system of the poisonous waste matter that causes so many aches and pains.—A. R. McIntyre Drug Co.—Advertisement.

Spring Training Spot Real Find at Border

BROWNSVILLE, Tex., March 16.—It remained for Branch Rickey, manager of the St. Louis Nationals, to discover that way down in extreme southern Texas, nestling along the Rio Grande, there is a spring training ground for major league baseball clubs that may prove a real "find."

Rickey, accompanied by Connie Mack, came to Brownsville last fall in doubt. He left with a contract for the Cardinals' spring training camp here, and so for the first time in major league history a club will train in Texas south of Houston and San Antonio.

The local association guaranteed suitable baseball grounds and a cash guarantee of \$10,000 for ten exhibition games, but a change in the exhibition series scheduled will give the "valley twelve" games, principally between the Cardinals and Philadelphia Athletics.

—Hastings (Neb.) Tribune

He has a loud mouth in his head,
Yes, often does he bellow;
But though he's called a ranting Red
In reality he's yellow.

We see many an advertisement for the removal of "superfluous hair," but the old fashioned "crack in the bowl" seems to survive.

We can't help but wonder how many votes Duhanzio has in the league of nations.

Don't ever take your neighbor's word as to the best place to hide your booze. We did.

Ask for "HILL'S"

FIVE MILLION PEOPLE
USED IT LAST YEAR
HILL'S
GASCARA QUININE
BROMIDE

Standard cold remedy for 20 years
—in tablet form—safe, sure, no
opium—breaks up a cold in 24
hours—relieves grip in 3 days.
Money back if it fails.
The genuine box has a Red
top with Mr. Hill's
picture.

At All Drug Stores

The Food Store of Square Dealing

Fair To Organized Labor

The Western Market is a union store throughout—our salespeople work union hours and receive union wages. We believe in the principles of organized labor to better conditions for working people—and we also believe in giving everybody the most food value for their money. That's why we handle only the highest grade foods at the lowest prices.

Washington Ave. Store Soon Open

Our new, bright, sanitary food department store at 2448 Washington Avenue, will be ready for your convenience in a few days. We are now stocking it up with a large quantity of extra quality groceries—and the day before we open we will put in a complete stock of fresh meats—so from the very first you will be able to get only the best and purest foods. Opening date will be announced soon—watch for it.

CURED FISH	FISH SPECIALS	FRESH FISH
Kipped Salmon, pound 35c	Halibut, pound 30c	Salmon, pound 30c
Finnan Haddie, pound 30c	Smelts, pound 20c	Herring, pound 15c
Kipped Herring, pound 30c	Sandabs, pound 25c	Cat Fish, pound 25c

FRESH AND CURED MEATS OF HIGHEST QUALITY

CORN FED STEER BEEF	CHOICE FLORIDA GRAPE- FRUIT—10c Each
Sirloin Steak, pound 27c	Extra Choice Oranges, 80 size 85c
Standing Rib Roasts, pound 29c	Extra Choice Oranges, 100 size 75c
Shoulder Steaks, pound 19c	Extra Choice Oranges, 126 size 65c
Special Home Pot Roasts, pound 12½c	Extra Choice Oranges, 150 size 60c
Hamburger, pound 16c	Extra Choice Lemons, 210 size 49c
	Extra Choice Lemons, 240 size 45c
	Extra Choice Lemons, 270 size 40c
	Extra Choice Lemons, 300 size 35c

CHOICE, TENDER VEAL	FRESH VEGETABLES
Veal Cutlets, pound 40c	Choice Head Lettuce, 2 for 15c
Veal Steaks, pound 40c	Carrots, per bunch 10c
Veal Shoulder Steaks, pound 35c	Turnips, per bunch 10c
Veal Shoulder Roasts, pound 33c	Beets, 3 bunches 25c
Veal Stew, pound 20c	Cauliflower, pound 15c
Veal Shanks, pound 15c	Cabbage, 3 pounds 25c

FRESH PORK	BEST BRAND CANNED GOODS
Pork Loin Chops, pound 32c	Any Brand Milk, 2 cans 25c
Pork Loin Roasts, pound 30c	Choice Peas, 2 cans 25c
Home Made Pork Sausage, pound 28c	Old Yankee Maple Syrup bottle 30c
	Bottle Catsup 30c
	No 2 can Tomatoes, 2 for 25c

SPECIAL MILD CURED SKINNED HAMS	CHEESE
Sliced Ham, pound 45c	Eat more cheese—it's food value is su- perior to meats.
Ham Hocks, pound 25c	Full Cream Cheese, pound 30c
Regular Hams, whole, pound 35c	
Regular Hams, half, pound 35c	
Fancy Breakfast Bacon, pound 38c	
Smoked Lean Ham Butts, pound 35c	

SPECIAL LARD PRICES	VAN CAMP'S BEANS
Crisco, 1½ lb. net, pails 55c	Buy a dozen cans at a time—you will save money.
Crisco, 3 lb. net, pails \$1.10	No. 1 can, 12 for \$1.50
Crisco, 6 lb. net, pails \$2.10	No. 2 can, 12 for \$2.40
	No. 3 can, 12 for \$3.60

BUTTER, EGGS	SUGAR
Fresh Ranch Eggs, doz. 40c	Sugar, 10 pounds \$1.45
Fresh Home Dairy Butter, pound 64c	Sugar, 5 pounds 75c
Oleomargarine, pound 30c	

TEA	SOAP
Schilling's Best Japan 8 ounces 45c	Special 10c Quality Rose Bath
Schilling's Best English Break. 8 oz. 45c	Toilet Soap 6c
Ridgeway's, 8 ounces 45c	120 bars Lenox Laundry Soap \$6.00
Lipton's, 8 ounces 45c	Swift's Yellow Soap, 120 bars \$5.65

Western Market Co.

"KASH AND KARRY FOOD DEPARTMENT STORE"
366 24th ST. PHONE 2287

who are training at Lake Charles, La. In Brownsville, where the Cardinals will work out, the playing field has been put into condition under direction of Frank Hill, an old time professional, who in the late '90s played in many parts of the country, but principally with the Southern league.

The Cardinals and Athletics play at Mercedes, March 16; at Pharr, March 17; at San Benito, March 18, 21 and 25; at Donna, March 19; at Brownsville, March 20, 21 and 27; and at McAllen, March 22 and 23.

POPULATION REPORT.
WASHINGTON, March 16.—Popu-lation statistics for 1920 announced today by the census bureau included: Amarillo, Tex., 15,494, an increase of 5537 or 55.6 per cent over 1910.
Mitchell, S. D., 5478, increase 1963, or 36.1 per cent.
Madison, S. D., 4144, increase 1007, or 32.1 per cent.
Creston, Ia., 8034, increase 1110, or 16.0 per cent.

give that w. k. Christmas present to the auto owners, seeing as how he immediately raised the price of gas.

It is a wonder that old John D. didn't

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